

HOW ACCOUNTABILITY MAKES HEALTHY HABITS HAPPEN

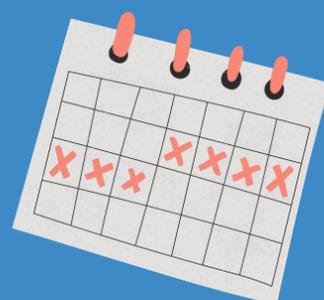
An accountability system is that extra stamp of commitment that will get you toward your goals. It can mean the difference between having encouragement to keep going, creating consistent progress or letting effort just slide away with nothing to push you back on track. You are much more likely to reach your goals if you use a system of accountability.

That accountability can be in several different forms. Which one you choose will be based on what you feel you need most and will keep you the most honest. You may need more than one accountability method. For example, use a simple calendar so you can visually see your progress and then also find a group to support and encourage you.

6 CATEGORIES OF ACCOUNTABILITY:

1 TRACK ON PAPER

Tracking your progress on paper is a great way to visually see your progress in a very tangible form. You start creating a chain that you don't want to break. The tracker can focus on weekly goals, monthly goals, or something you want to accomplish over a whole year. This can be in many forms from a calendar, a check sheet with boxes, or a graph you color in. Get creative and keep it in a very visible spot.



2 GET TECHNICAL

Use technology to your advantage. Set up reminders on your phone. Download apps to input data with graphs, such as food logs and weight. Purchase programs that send you reminders or tasks to do. Invest in a smartwatch or fitness equipment with a subscription. When you invest in something, you are more likely to use it than if it was free.



3 MAKE IT PUBLIC

Post your goal on social media along with your progress. There is a difference between being boastful and being open about your health journey. You never know who you might motivate and encourage by sharing your health journey successes and struggles on social media. People can also cheer you on.



4 FIND A GROUP

A group supporting one another in health and wellness is one of the BEST forms of accountability. Everyone struggling together and encouraging one another is a wonderful support system. You can either get a group of friends together on a regular basis for check-ins or find a group led by a wellness professional. This can be more economical than hiring a private professional. The groups could be local or virtual.



5 RECRUIT FAMILY/FRIENDS

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6 HIRE A COACH

If you need very specific guidance and desire more one-on-one help, hiring a wellness professional will be your best form of accountability as you are 95% more likely to reach your goal working with one. It can be a pricey investment but it may be well worth the cost if it gets you on the path you so desperately want. Finding a nutrition, health, or wellness coach who is a good fit for you is very important. So take the time to shop around, ask for referrals, and when you talk with him or her, ask them lots of questions so you get a feel for what it is like to work with them.

